

Low-Fat Smoked Salmon Spread

This spread is delicious on crackers or served with Belgian endive leaves for scooping. Or cut whole-wheat pita bread into triangles, bake until crisp

Ingredients:

- 6 ounces smoked salmon, chopped
- 6 ounces low-fat cream cheese
- 1/4 cup nonfat sour cream
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons chopped fresh dill
- 1 scallion, white part only, minced
- 1/4 teaspoon freshly ground black pepper



Directions:

In a food processor or mixer at slow speed, blend the salmon, cream cheese, sour cream and lemon juice until fairly smooth. Mix in the dill, scallion and pepper. Cover and refrigerate up to 3 days.

Recipe makes about 1-1/2 cups.

Nutrients per 2-tablespoon serving:

Calories: 55

Protein: 4g

Carbohydrate: 2g

Fiber: 0

Fat: 3g

Cholesterol: 11mg

Sodium: 157mg

<http://fitnessandfreebies.com/holidays/christmas/christmas12.html>